The South 40

Conference slated here

By JAMES A. SMITH
Extension Agent

Appomattox will host one of the four regional Forage Conferences on February 9. The program begins at 9:30 a.m. at the Woodmen of the World Building. There is a registration charge of $2.00 to cover building rent and miscellaneous costs. The lunch is sponsored by Central Fidelity Bank. We do need to know by February 6 if you plan to attend so that food arrangements can be made.

This is a program that will interest anyone producing pasture, hay or silage and urge you to attend.

* * *

Had a call from a regional newspaper wanting to do a story on farm slaughter of hogs. If you plan to process some pork at home and would like to participate in the interview and picture series, please call this office, 352-8244.

* * *

Burley tobacco prices are up $8.25 per cut over a year ago. The crop for November averaged $186.62. Sales are down 16 percent from a year earlier.

In December sales were down 34 percent, but prices averaged $183.02, up $8.96 from last year.

* * *

Flue tobacco growers surely need to attend the stabilization meeting in South Boston, Feb. 8, 2:00 p.m. at the American Legion Home. The situation is critical and as a producer you need to know what is happening and likely to happen.

* * *

Arthur Mullins reports that they harvested 25 bushels of soybeans per acre planted no-till this past year. This is unusually good considering the weather. The variety was Pioneer 5482.

* * *

Beverly Martin, who has a long history of growing top quality fire cured tobacco, may have set a new price record last week. He sold 1873 pounds for an average of $239.93. There were several piles that brought $265 per hundred.

Congratulations, Beverly, on an outstanding sale. One of the fire cured buyers always tells me that "good tobacco is always in demand." This is probably true for most things.

Warren Moore helped cure the tobacco and certainly he deserves credit for a good job.

* * *

Last Saturday 82 bulls were sold at the Red House Bull Test and Evaluation Center for $94,715.00, averaging $1155.

The price breakdown by breeds was: 20 Polled Hereford grossed $22,750, average $1138; 17 Simmental grossed $17,035, average $1002; 1 Limousin $825; 5 Charolais, grossed $6525, average $1305; 1 Red Angus $1075; 38 Angus grossed $46,510, average $1224.

Clark Lewis bought an Angus bull.

* * *

The fifth Annual Corn Soybean Conference will be held at the Williamsburg Hilton, February 8 and 9. Dr. John Martin, economist with Farm Journal, is the keynote speaker.

* * *

The 1984 Flue Cured Tobacco Production Guide was mailed to producers this week. If you failed to receive a copy, call our office and ask for one.

Youths cited

AT THE ROBERT E. LEE SOIL and Water Conservation District's Annual Awards Banquet, Youth Awards were presented to the following youth: left to right, April Hackney, David McDonald, Craig Ranson, and far left, Howard Anderson. Billy Seay, second from right, Amherst County Extension Agent and CD board member, made the presentation.

Local bull is leader

A Polled Hereford bull owned by Knoll Crest Farm, Red House, Va., and Antonio Mountain Ranch, Petaluma, Calif., has been named a 1984 Trait Leader for birth weight by the American Polled Hereford Association (APHA).

Antonio Vic 0108233F was one of 10 sires recognized by the APHA for exceptional progeny performance in birth weight among the 721 bulls listed in the 1984 Sire Summary, an annual list of bulls with their expected progeny difference values.

APHA initiated the Sire Summary program three years ago to give breeders and commercial cow-calf producers guidelines on selected bulls for use in their individual breeding programs. Performance data on birth weight, weaning weight, yearling weight, carcass characteristics and maternal productivity of the sire's offspring is gathered by breeders across the U.S. and analyzed in APHA's data center.

"The program is not designed to tell breeders which bull is best, but instead help breeders make selection decisions to fit the needs of their herd," says Dr. Jim Gibb, APHA Vice President of Education and Research.

Trait Leader recognition in the Sire Summary is based on excellence in single traits plus total performance. Bulls ranking on the list have outstanding progeny performance and a high degree of reliability.

Gregory Franklin completes Army training course

Pvt. Gregory L. Franklin, son of Wayne and Julia M. Franklin of Rural Route 3, Appomattox, Va., has completed an Army motor transport operator course at Fort Dix, N.J.

During the course, students were trained in the operation and maintenance of military vehicles of less than four and one-half tons rated capacity. Instruction was also given in the transportation of personnel, equipment and supplies.

Con$sumer ene note$

Fabric care changes notes

By OCIE M. MACK
Extension Agent

As of January 2 you are seeing some new care labels on clothing and on certain piece goods. The new labels will identify in greater detail the washing or dry cleaning information that should be included on a permanent care label. Fabrics for home sewing will also be labeled. Some of the new labeling requirements are as follows:

Care labels must be attached in such a way that you can easily see or find them before you buy clothing or fabric.

Either washing or dry cleaning instructions are required to be on the label.

If the article is washable, the label must specify machine or hand washing.

If regular hot water will not harm the fabric, the label need not specify water temperature.

Care labels must state whether the article should be dried by machine or some other methods. When machine drying is specified, temperatures must be included unless the hottest setting will not harm the fabric.

Ironing instructions must be given if ironing is needed to preserve the appearance. If ironing is mentioned, a temperature setting should be specified unless a hot iron will not harm the fabric. If ironing would damage the fabric, the label must carry a warning.

The label need not mention bleaching if all bleaches can safely be used. If only non-c hlorine bleaches can be used, the label must specify "Only non-chlorine bleach when needed." If all bleaches would be harmful, the label must specify "No bleach."

A care label does not have to warn against washing methods not recommended on the label. If care label includes washing instructions, it doesn't need to warn against dry cleaning.

If dry cleaning instructins are given, a solvent should be specified unless any commercially available solvent can be used.

These new care labels will h elp you to get your money's worth through proper care and will help you to care for the new blends of fibers in v arious combinations. Here are some examples of blends that will be manufactured in 1984:

Rayon blended with polyester, silk or wool.

Cotton and wool blended with silk, linen, mohair, nylon or acrylic.

Triacetate blended with nylon, polyester or linen.

Cashmere is blended with wool or silk.

Rayon is expected to replace cotton in many blends because the 1983 cotton crop was smaller than usual causing relatively high cotton prices. Cashmere will be used in combination with other fibers in an effort to contain costs and because China is not exporting its finer cashmere. Fibers that may replace cashmere in blends include camel hair, angora, llama, Alpaca, mink, yak, musk, ox, and buffalo.

Another new fiber coming along is polypropylene--fiber that's used in disposable diapers and thermal underwear. It provides natural warmth without weight and can draw body mositure away from the skin. It's insulating properties provide comfort in both cold and hot weather, so you'll find it in skiwear, swimwear, golf shirts, bedsheets, and many other items.

Stretch denim is also coming along until within five years, as much as one-quarter of the denim market could belong to stretch denim. Blended fabrics of at least 60 percent cotton are becoming popular in sweaters, too.

Hospital program starts

Virginia Baptist Hospital will start starting a car seat Loan Program on Feb. 1.

Although all parents are strongly encouraged to provide a car seat for their child, any parent who does not have an approved car seat available at the time of their child's discharge from the hospital, may request to borrow a car seat from the hospital. There will be 25 seats available for loan on a first-come, first served basis.

The seats will be available for up to 30 days and parents will be required to participate in an education program on the use and care of the car seat. There is no charge for this program.

Principal funding for the car seats came from the Medical Auxiliary with supplementary funding from the Fort Hill Junior Woman's Club.

The program is designed to ensure that all children being discharged from Virginia Baptist Hospital have a safe ride home.

The advantages of banking with a locally-owned bank is a lot like the advantages of living in a small town. You know you're going to get warm personal services and someone who will go that extra mile for you.

The Jack Evans' family is just one of the young families that Farmers National Bank is proud to have as a customer --- we're a full service bank and we can help the Evans' and families like them with all their financial needs. You've heard us say it before --- but we're not just a good bank; we're a way of life. Come see us at Farmers and let us become part of your life.

The Farmers National Bank

The Only Bank in Appomattox With Two Locations To Serve You
Downtown - Triangle Plaza Shopping Center

FDIC

Good News For Homemakers

Food additives have been in use longer than recorded history

By SHIRLEY W. WALTON
Extension Agent

Do you believe that food additives have just been used in foods since the space age began? Wrong! Food additives have been in use longer than recorded history. The first use of food additives is believed to have been in preserving meat and fish in prehistoric times.

Salt, sugar and corn syrup are the most widely used food additives in today's world. These three, along with baking soda, mustard and pepper, account for nearly 95% of all food additives used in the United States. Since many persons today have concerns about food additives and many times have their opinions of food additives flavored with misconceptions, I wish to share with you information about the eight main groups of food additives. They are:

1. Emulsifiers, stablizers and thickeners which give texture, softness or other desired consistencies to a product.

2. Nutrients, such as Vitamin C added to fruit drinks, or potassium iodide added to salt.

3. Flavoring agents which enhance or flavor.

4. Leavening or neutralizing agents which control acidity or alkalinity.

5. Preservatives, antioxidants, sequestrants, antimyotic agents, which prevent spoilage, the rancity of fats and microbial growth.

6. Coloring agents which increase acceptability and attractiveness of foods to the public.

7. Bleaches which whiten such foods as flour and cheese and speed the maturation of cheeses.

8. Humectants, an anti-caking agent which retains moisture in foods and keeps others such as salts and powders free-flowing.

The 1958 Food Additives Amendment to the Food, Drug and Cosmetic Act requires that if food processors want to add a substance to a food, they must "submit a petition to FDA accompanied by extensive information on chemistry, use, function and safety."

To prepare this petition, toxicological tests are conducted on animals. These studies can take years to complete and can cost millions of dollars.

The next step after the studies have been completed and thorough documentation has been done, a public hearing is held with testimony for and against the substance presented by qualified people. If a review of the evidence shows that a substance is safe, the FDA will authorize its use under specific conditions.

By the same token, substances can later be withdrawn from use if evidence shows that there is some danger present in the substance. We have seen this with many of our artificial sweetners that have been on again and off again as far as marketing is concerned.

Yes, food additives have a long history. If you have questions or specific concerns about a food that has been added to some food that you purchase on the shelf, you may write directly to the company and ask questions. Get them to tell you how much of this particular additive is in the food. This is extremely helpful to find out if persons suffer from food allergies. I also wish to encourage you to be label readers. There are many additives in foods that you may not have a tolerance for. Again, this is especially true of persons who have food allergies or a diabetic condition.

If you have a homemaking question or problem, you may call 352-8244 or you may write P.O. Box 488, Appomattox, VA 24522. It's always a pleasure to hear from you and to help you.

Have a good week!

WARNING FOR USERS OF MICROWAVE OVENS

If you warm a baby's bottle in a microwave oven, you must test the formula on the inside of your wrist. There have been reported instances of babies being badly burned because the bottle contents were not tested for temperature.

When a bottle is placed in the microwave, the contents get hot but the bottle does not. Therefore, a small baby's mouth and upper intestinal tract can be bably burned.

RECIPE OF THE WEEK
Ruth's Curried Chicken Salad

2 cups chicken breasts, cooked and cut in chunks
¼ cup sliced water chestnuts
½ lb. halved seedless green grapes
1 - 8 oz. can drained pineapple chunks (chunks can be cut in half)
½ cup chopped celery
½ cup toasted slivered almonds

Mix all ingredients together and toss gently with the following dressing mixture:
¾ cup mayonnaise
1 teaspoon curry powder
2 teaspoons lemon juice
2 teaspoons soy sauce

Mix all the dressing ingredients and add to the chicken mixture. Chill for several hours.

Many thanks to Mrs. Ruth Webb for sharing this delicious recipe with us. She served this at a luncheon meeting recently and it was the "hit of the day."

This recipe can be made the day before serving and can be easily doubled or tripled.

"DO YOU KNOW YOUR BUSINESS COMMUNITY?"

Reader Ads Prepared By Universal Advertising Associates, Inc.

BASS & MILTON CONSTRUCTION CO. INC.

Richard Bass & Kenneth Milton - Owners

Thinking of a new home? Many people in this area have been relying on BASS & MILTON CONSTRUCTION CO. INC. for that extra measure of service in custom-built homes. Known as "the builder who cares," BASS & MILTON CONSTRUCTION CO. INC. does not built with tangibles alone. They build with foresight and planning, as well as pride in craftsmanship. Their hand-crafted custom homes provide distinctive residences to reflect your personal tastes and lifestyles.

From the initial planning, to complete on-the-job supervision, BASS & MILTON CONSTRUCTION CO. INC. maintains their high standards while using only top-grade building materials. Their experienced craftsmen and workers recognize quality and are quite proud to be able to offer it.

You can contact BASS & MILTON CONSTRUCTION CO. INC. in Appomattox, located at the east end of town on Hwy. 460, phone 352-7065, after 6:00 p.m. phone 352-7540 for all the details concerning your custom building needs.

CRAWFORD'S CARPET & TILE SHOP

Beautiful interiors begin with quality carpeting, and every homeowner who cares enough to want the very best can literally "roll out" a room full of beauty with new carpeting from CRAWFORD'S CARPET & TILE SHOP, located in the Town & Country Shopping Center in Madison Heights or phone 528-1018. They specialize in a complete collection of nationally known brands of quality carpeting, along with colorful, durable tile and vinyl floor coverings for kitchens, bathrooms, family rooms, vestibules or basement "rec rooms."

If you are in need of new floor covering for your offices or home, let these friendly professionals serve you with valuable ideas, tips, suggestions and low prices. Come in and browse around and "see for yourself" their wide selection.

This fine company can also provide craftsmen to expertly install your floor coverings to your satisfaction.

F.T. SEARGENT, SURVEYOR

In the field of surveying and land development, it is our pleasure to bring F.T. SEARGENT, SURVEYOR to you attention. With many years of experience, this firm provides a service which is indispensable to the public, realtors, builders and developers in this area. They use the latest in surveying techniques and equipment for a thorough service.

F.T. SEARGENT, a professional surveyor, provides expertise in land surveys and land use consultation. For land [illegible] property boundary disputes, commercial land development and residential subdivision developments, this consultation service includes not only the planning of the proposed project, but also provides a complete liason service between agencies. It is this very complete and precise service of planning and research that has made F.T. SEARGENT, SURVEYOR well known in this field.

Presently from their office on Court St. in Appomattox, phone 352-5868, this firm serves this entire area.

DAWSON ALUMINUM PRODUCTS

Exterior improvements for your home today must be considered not only in terms of eliminating costly maintenance, but also in terms of providing an energy efficient investment.

If you are considering investing in any type of exterior home improvement, may we suggest DAWSON ALUMINUM PRODUCTS, phone 845-7656, nights call Norris Pool at 821-0050 or Dave Garner at 384-8991. Specializing in all facets of exterior home improvements, this is one firm that places emphasis on quality in energy-saving improvements at affordable costs. Their specialties include quality siding, gutter and downspouts, patio covers, awnings, marquees and replacement windows.

Featuring a good selection of aluminum siding, DAWSON ALUMINUM PRODUCTS has a variety of colors to choose from for an attractive investment. Their complete service includes soffitt and fascia work, gutters and downspouts. For a finishing touch for your home's appearance and protection, you'll want to investigate the advantages of thermal replacement windows.

LOWES OF LYNCHBURG

Bryan Pugh - Manager

When building, remodeling or home repairs are planned, be sure they will endure. These are investments in time, labor and money and like all investments, should be sound ones. At LOWES OF LYNCHBURG you will get reputable, quality building products.

LOWES OF LYNCHBURG has always been operated with a determination to furnish the highest grade of materials at the most reasonable prices possible. They are your headquarters for all types of treated and framing lumber, paneling, roofing products, paints, doors and windows, cabinets, appliances, floor covering, plumbing, heating and electrical supplies, lawn and garden equipment, as well as builder's hardware items and tools. The friendly personnel will be happy to help you get the materials and tools best suited to the project you have in mind.

Let LOWES OF LYNCHBURG on Rt. 126 (Graves-Mills Rd.) in Lynchburg, phone 239-9271, supply your next order of building materials. You will get the good, well seasoned sort that builds for permanency.

BALLOONS BY CHARLIE

For Valentine's Day Give A Gift Of Class That Lasts!

It seems that each year more and more people fall into tht group of persons who just seem to have everything and are very difficult to buy for. For years the solution to this problem has been a call to the local florist. BALLOONS BY CHARLIE offers a "a great alternative to flowers" - a beautiful floating bouquet of colorful balloons, delivered or sent anywhere.

BALLOONS BY CHARLIE specializes in banquets, sculpturing, printed balloons, decorating, parties, sales and promotions. They also have clowns, magicians and ventriloquists available for all occasions.

These balloon bouquets are a great pick me up for a sick friend or relative, a unique way to say Happy Birthday, Happy Anniversary, Good Luck, I Love You, I Miss You or simply Hello!

So brighten the day of someone you love in a whimsical way. Let BALLOONS BY CHARLIE deliver or send a beautiful floating Hello from you. Call 846-8840 and place your order by phone. They are located in Lynchburg at 2908 Memorial Ave. If you're looking for an unusual gift for Valentine's Day call BALLOONS BY CHARLIE.

OAKWOOD MOBILE HOMES INC.

In Business Since 1946

For convenience, economy and ease of upkeep, more and more Americans each year are turning to mobile home living. Today, more than ever, mobile homes are being built with affordable, care-free living in mind.

Every mobile home at OAKWOOD HOMES reflects this exact attitude. Your home will be constructed from one of their three plant locations. Stop out today at 4438 Wards Rd. in Lynchburg or phone 239-2619, and see why this quality dealership has so much to offer in terms of selection and service. Right now, there's a home for you at OAKWOOD MOBILE HOMES INC.

This full-service dealership features a home to meet most any single person's or family's requirements and lifestyle.

OAKWOOD MOBILE HOMES INC. also maintains one of the area's finest service departments. Delivery and set up to state and local codes are all part of OAKWOOD MOBILE HOMES INC.'s determination to serve you better.

J.H. FORD JR. INSURANCE

There are a great number of insurance agencies and agents in Appomattox County. What makes one stand out above all others? It's the service and personal interest that they take in the welfare of you, your family and your personal property.

The people of this section are very fortunate to have in their midst a friendly insurance agency that has built a fine reputation by serving local needs through all types of insurance, including life, auto, fire, casualty, etc.

Most of us do not want to think about the many things that could happen to us or our property, and there is no need to if we have a reliable insurance agency planning for our future security.

For security and peace of mind, we recommend J.H. FORD JR. INSURANCE, located at 300 N. Court St. in Appomattox. Phone 352-7916 or 352-5517 for information; you'll be glad you did.

RAINY DAY INN

This is a popular meeting place for people in this area. Stop here for dinner the next time you are in the area. They are located at the intersection of Hwy. 60 and Riverville Rd. in Gladstone, phone 933-8816. The management invites you to drop in for some of the delicious foods in which they specialize.

There is something about this place that sets it apart from other restaurants and makes it highly satisfactory. The extreme care and thought that goes into everything, the cooking service and arrangement creates an atmosphere that should be visited often. They even feature live entertainment and dancing on Friday and Saturday nights.

The food is temptingly delicious, prepared in the most careful manner. You'll find many delicious meals offered on their menu, all prepared to the satisfaction of the most discriminating diner.

We wish to compliment RAINY DAY INN for their fine food and friendly service, and suggest to everyone of this area that they stop in sometime soon.

TORRENCE PLUMBING INC.

For new construction, repairs and regular maintenance of your plumbing systems, call the professionals at TORRENCE PLUMBING INC. This is one company which does the whole job and does it very well! No matter what kind of problems you are having with your furnace . . . . this firm can take care of it.

From their central location on Hwy. 646 in Appomattox, phone 352-2171, this outstanding contractor can speed repair service to your home or business.

New construction and complete installation of all kinds of plumbing is another area where TORRENCE PLUMBING INC. excels. They offer a complete service from design and planning to the finished product.

FALWELL WELL CORP.

For complete professional well drilling, pump installation and repair, FALWELL WELL CORP., located at 3900 Campbell Ave., phone 846-2737, nites, Sundays and holidays call 929-0252, is regarded in this area as one of the best, most experienced in the field.

Remember to call FALWELL WELL CORP., for water well drilling, goulds pumps, sales and service, rain soft water filters, complete water systems and irrigation systems, as well as a complete professional plumbing service, new installation and repair.

FALWELL WELL CORP. hires skilled workmen who are well experienced and trained in all phases of this work.

If you have a job to be done, give them a call anytime and let him help you in the design of your needs. FALWELL WELL CORP. will be more than happy to give you a complete cost analysis of the job. They also offer free water analysis.

If you want to do business with someone you can count on, call one of Virginia's largest since 1938, FALWELL WELL CORP.

THE VACUUM CLEANER CENTER

Ernest Owens - Owner

Before you decide to invest your hard-earned cash in a new vacuum cleaner, check the selection, check the prices and especially check the service over at THE VACUUM CLEANER CENTER, at 7703 Timberlake Rd. (in the Timberlake Plaza) in Lynchburg, phone 237-2983.

THE VACUUM CLEANER CENTER has a large and professionally displayed selection of vacuum cleaners for sale, as well as the area's finest service and parts department.

Buy your cleaner from a man who knows vacuum cleaners. With their good knowledge of vacuum cleaner maintenance and their complete selection of replacement parts, they'll guarantee you years of satisfactory use from your new vacuum cleaner. Motors, hoses, bags, belts and accessories can be replaced promptly and expertly.

220 SEAFOOD RESTAURANT

Lynda Russell - Manager

The 220 SEAFOOD RESTAURANT, located at the Town Country Shopping Center in Madison Heights, Va., phone 845-7511, is one of the most original places in the entire area. When the owners opened their doors, it was the idea that a seafood restaurant should combine friendly service with the proper atmosphere. The popularity of this fine restaurant has proved the value of this theory.

Here the service is friendly and quick. Specializing in many ocean fresh seafoods, as well as chicken, the menu also features your regular favorites, along with a selection of your favorite beverages. Dinner here will please even the most particular. During the winter, 220 SEAFOOD RESTAURANT is open Thursday 5:00 p.m. to 8:00 p.m., Friday and Saturday 5:00 p.m. to 9:00 p.m., Sunday lunch is 11:30 a.m. to 2:00 p.m. and dinner 5:00 p.m. to 8:00 p.m. Starting in April the hours will be Thursday through Saturday 5:00 p.m. to 9:00 p.m. and Sunday lunch hours 11:30 a.m. to 3:00 p.m. and dinner 5:00 p.m. to 8:00 p.m.

CLAYTON C. BRYANT LAND COMPANY

We Buy Farms & Timberland

Total service in real estate has won the professionals at CLAYTON C. BRYANT LAND COMPANY the respect of farmers and businesspeople throughout the area.

Located on Hwy. 460 in Appomattox, phone 352-7119, CLAYTON C. BRYANT LAND COMPANY doesn't deal merely in for-sale signs - they deal in people! They specialize in farms and timberland.

CLAYTON C. BRYANT LAND COMPANY's staff of experts understands that many people, buying a farm for the first time, will have questions. They must be ready with the answers. They are known as the real estate profession's problem solvers, and their fine track record shows it.

FARMERS SEED & SUPPLY CO. INC.

"Get A Jump On Spring"

For dependable lawn and garden information, let the professionals at FARMERS SEED & SUPPLY CO. INC. help you to effectively handle any lawn and garden project. This complete supply center is a very convenient source of lawn and garden specialty items and necessities for your home gardening projects.

Known as "the marketplace of values," FARMERS SEED & SUPPLY CO. INC. features extensive selections in all types of quality supplies from the largest selection of vegetable seeds in central Virginia to field seeds and bulbs to custom grass seed mix for your individual needs, as well as all of the chemicals, insecticides and fertilizers you'll need. FARMERS SEED & SUPPLY CO. INC. has both the service and selection to serve you better. As they do run specials from time to time, this lawn and garden center has something for everyone's garden and everyone's budget! FARMERS SEED & SUPPLY CO. INC. also offers greenhouse and grower supplies, such as plastic, peat moss and mulch, just to name a few.

From spring planting essentials to qualified, experienced advice, we recommend FARMERS SEED & SUPPLY CO. INC. They are located at 1306 Main St. in Lynchburg, phone 845-2522.

A.G. JEFFERSON INC.

When you feel you need glasses or contact lenses, see the professionals at A.G. JEFFERSON INC. With three locations to serve you, at 725 Church St. in the Allied Arts Bldg., phone 528-1101; 2010 Tate Spring Rd., phone 846-5913; and in the Timberlake Plaza, phone 237-5909, A.G. JEFFERSON INC. will fill your prescription to precise specifications.

This well-known firm features one of the area's largest selections of frames in all styles and colors. The choice of eyeglasses is important to the way you look. You want the frames to conform to your features and accent the shape of your face. A.G. JEFFERSON INC. offers a full one-year warranty against breakage on all prescription glasses.

Their optical glass is ground to exact specifications, and you can be assured of a better fitting, better looking and optically correct pair of glasses when you deal with them.

Need repair on your glasses? A.G. JEFFERSON INC. can also handle this along with frame straightening and lens replacement. The writers of this "Do You Know Your Business Community?" section suggest you contact this firm for all your optical needs.

N & M FORM SETTERS INC.

Russell Neighbors - Owner

One of the most vital parts of any structure, whether it is a garage or a giant warehouse, is something hidden from sight: the foundation.

The first step in any building project after the site has been prepared is the pouring of the footings and foundations. The form work must be exact or the entire building may be thrown completely off target.

For the finest in concrete work of all types, contact the concrete experts at N & M FORM SETTERS INC. in Madison Heights, phone 845-2436.

They specialize in any type of concrete form work including foundations and retaining walls. They do not consider small jobs something they must "put up with." The same attention and courtesy is accorded a small job as a big one.

Concrete is a solid investment and your best investment is a phone call to the concrete specialists at N & M FORM SETTERS INC.

CHRISTIAN BOOK SHOP

Owned By
Thomas E. & Mary P. Gilbert

Give someone nearest dearest to you a religious gift, something that will give pleasure for years to come. A gift for any occasion may be found at the CHRISTIAN BOOK SHOP, located at 17 Wadsworth St. in Lynchburg, phone 846-6679, open 9 a.m. to 6 p.m., Friday night until 9 p.m. and Saturday until 5:30 p.m.

The CHRISTIAN BOOK SHOP carries an excellent selection of Bibles, religious books, gift items, plaques, sacred records, pictures, Baptismal and clergy, cassettes, 8-track tapes, sheet music, song books, Hymnals, choir anthems, musicals, Cantatas, etc. These finest of all gifts are always in good taste and always appreciated. Here is a splendid selection that you or any other family would be proud to own.

When you want to spend a pleasant hour, stop by and look over their books. They have all types of books, ideal for any mood or any gift occasion. CHRISTIAN BOOK SHOP also features robes, scripture text greeting cards, stationery, communion ware, Sunday school literature and teaching aids, Bibles monogrammend and church furniture; special order for items not in stock.

You can surely find just the right gift for any friend, acquaintance or member of your family. At any rate, you'll enjoy seeing what's new and will enjoy meeting the friendly personnel of CHRISTIAN BOOK SHOP.

THE VILLAGE MARKET

Shirley Campbell & Linda Cheatham

There are quite a few grocery stores throughout Appomattox so there has to be a reason why people drive for miles to shop at THE VILLAGE MARKET, located on Hwy. 24 E., phone 352-8587.

Actually, there are two reasons: well stocked shelves and courteous personnel who strive to serve you in any way they can.

This fine grocer always keeps a good supply of fresh bread, plenty of all types of canned goods and the area's freshest dairy products, as well as miscellaneous farm supplies, garden seeds and garden supplies.

THE VILLAGE MARKET features a good supply of prepared food such as hot dogs, roast beef with a special sauce, ham and barbeque.

So stop in the next time you need groceries. Whether you stop by to prepare for a visit from 10 dinner guests or merely to pick up a pack of cigarettes, you'll always be greeted by a friendly, courteous employee who wants to see you coming back again and again to THE VILLAGE MARKET.

The days of the 15 cent loaf of bread and the nickel bottle of pop are gone. So also, unfortunately, is something many old-time grocers insisted upon: friendly service.

PAPPY'S MOUNTAIN FRIED CHICKEN FAMILY RESTAURANT

Mrs. Georgie Staton - Owner

PAPPY'S MOUNTAIN FRIED CHICKEN FAMILY RESTAURANT, located in the Ambriar Shopping Center in Amherst, phone 946-2261, is one of the finest dining places to be found in this area. Their customers consist not only of local people but from the entire area for miles around.

PAPPY'S MOUNTAIN FRIED CHICKEN FAMILY RESTAURANT is known as the favorite dining establishment for many who find that it is both economical, enjoyable and time saving to dine out. When here you will find a variety of tempting dishes on the menu. Another reason for the steady growth in the volume of business this restaurant is doing is the excellent service that has always been featured here at an excellent price. They welcome everyone and make them feel right at home.

The management of PAPPY'S MOUNTAIN FRIED CHICKEN FAMILY RESTAURANT invites everyone to dine with them regularly.

HOLIDAY TRAVEL BUREAU INC.

Over 65 Years
Combined Experience

Would you like to jet to Hawaiian ports of paradise or play in the magic kingdom of Disneyland, but the worry of travel and hotel reservations gives you second thoughts?

Travel experts at the HOLIDAY TRAVEL BUREAU INC. in Lynchburg at 719 Church St., phone 847-6668, take the worry out of trips, whether they be near or far at no extra cost to you. Let their experience be your guide to business and vacation planning. Their friendly staff is prepared to give prompt, personal attention to all your travel needs and it costs no more to book through them including: Air, Cruise, Motel and Rental Car.

The helpful people here can assist you with passports, visas and other details. Excursion fares, family plans and group rates are available.

We, the writers of this "Do You Know Your Business Community?" suggest you telephone HOLIDAY TRAVEL BUREAU INC. for a worry free vacation.

A PODIATRIST SPEAKS ABOUT FOOT PROBLEMS

Podiatrists generally agree, feet must not be neglected. Proper foot care is just as necessary to good health as care of the eyes and teeth.

Surveys of Podiatrists, they are the specialists that treat foot ailments, have shown that many painful foot afflictions with which people suffer through life are actually started in childhood. An annual foot check-up would do much to prevent serious foot disorders later.

You probably wonder how weak feet can be recognized. When you are standing barefooted with the feet parallel, look at the heel from the back. If the ankle tends to roll over, or if the heel cord is not in a straight line, it indicates a weakness. Knock knees is another indication, a "double ankle" appearance or a bulge under your instep, also uneven wearing of the sole of the shoes. If any of these indications are present, the sensible thing to do is consult your Podiatrist for advice.

There is no time too early to consider foot health, but there most certainly is a time too late so far as any correction without surgery is concerned.

We and DR. BARRY L. SWEDLOW, a Board Certified Podiatrist of Lynchburg, are pleased to bring you this information.

IMPERIAL OIL CO.

There are quite a few service stations in the area. What makes one stand out above all others? It's not so much the gas they sell, although their products have proven their excellence over the years for your car, but it's the extra friendly service that IMPERIAL OIL CO. provides at their self-service station that has given them a reputation well thought of by the people of this area.

This is the place to go to pick up something for that late night snack or for something to eat at breakfast. IMPERIAL OIL CO. is conveniently located on Route 4 in Appomattox, phone 352-8406.

They serve the folks of this area with a wide variety of name brand merchandise, with fast and courteous service. Their shelves are stocked with items often forgotten at the supermarket, and items we all need at unusual hours of the morning and evening.

They offer ample free parking space and fast checkout service, which adds to the reasons why so many people drop in morning, noon and night, when they're in a hurry.

THE SCIENCE OF CHIROPRACTIC

For more than 80 years, Chiropractic has been accomplishing wonderful things. The practice of Chiropractic is based on the principle of correcting many of the causes of disease in the body. Disease is effect, and every effect must have a cause.

Chiropractic is a philosophy science and art of things natural. It was discovered in 1895 by D. D. Palmer and at that time it was a new concept and the discovery brought about untold changes in treatment.

Today, Chiropractic has become the largest drugless healing profession in the Western World. This science contends that some of the causes of disease in the body are the vertebral subluxation which create pressure upon nerves and interfere with the normal transmission of vital nerve energy.

The Chiropractor's objective is to locate the place in the spine where nerve pressure exists and by proper adjustment restore vertebrae to their normal positions. Correct adjustment releases pressure on nerves and thereby allows the body to heal itself.

If you have any of these involvements please contact your local Chiropractor for assistance.

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